

**Robert Wood Johnson
University Hospital
Somerset**

**RWJBarnabas
HEALTH**

Colorectal Cancer Awareness



**Isaiah Cimafranca
Community Health Intern**

A decorative network diagram at the top of the slide, featuring a series of interconnected nodes and lines. The nodes are represented by small circles, some of which are highlighted with a dashed border. The lines connecting them form a complex, web-like structure. A central node is highlighted with a solid blue border and contains a large blue quotation mark.


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Pre-Test!

Learner Objectives




Gain knowledge about colorectal cancer.




Learn strategies that can help prevent/reduce risks of developing colorectal cancer.

Understand risk factors that increase chances of developing colorectal cancer.



Discover the importance of getting screenings.



Anatomy of the Colon

- ◎ The colon is a 6 foot long dense muscle (1.8m).
- ◎ The colon or large intestine is an organ that is located within the digestive tract

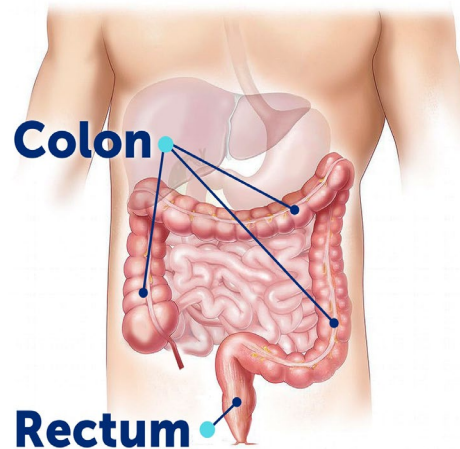
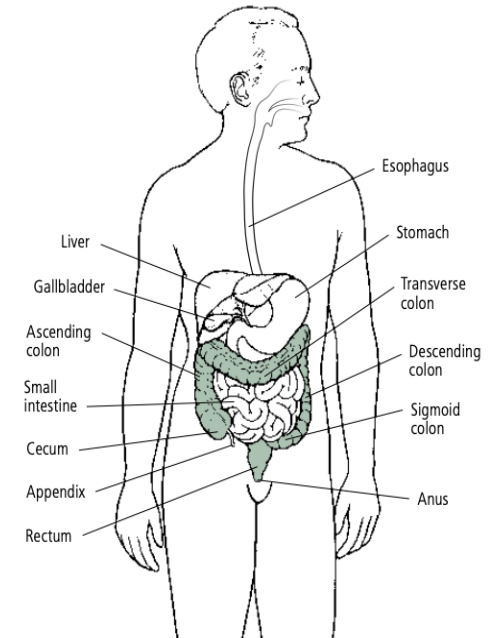


Figure 1. Anatomy of the Gastrointestinal System



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Function of the Colon and Rectum

◎ The colon:

- Absorbs water and salt
- Produces and absorbs vitamins
- Propels digested food (feces) towards rectum.



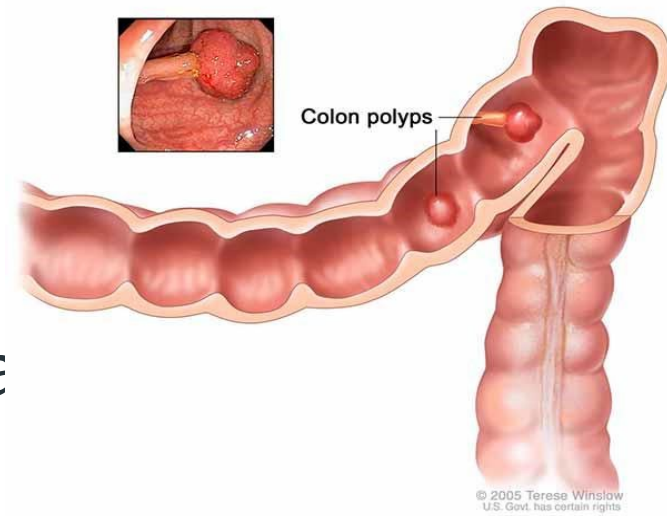
Colorectal Cancer

- Colorectal Cancer (CRC) is a disease of the colon or rectum
- 3rd** most common type of cancer in the United States.
- 2nd** most common cause of cancer death in the United States.
- In 2022, an estimated 151,030 adults in the United States will be diagnosed with colorectal cancer.
 - 106,180 new cases of colon cancer.
 - 44,850 new cases of rectal cancer.

cancer.net

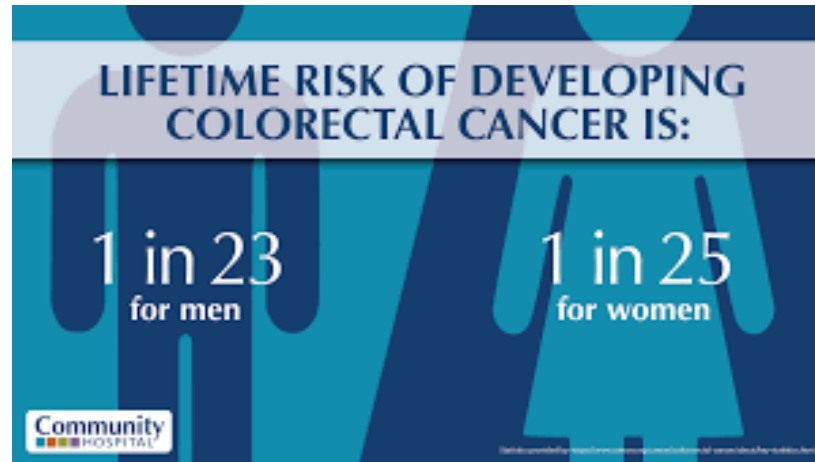


- © Most colorectal cancers start a growth on the inner lining of the colon or rectum, known as **polyps**.
- © Takes 10-15 years for a polyp to develop into cancer.



Lifetime Risk for Colorectal Cancer

- According to the American Cancer Society, the lifetime risk of developing colorectal cancer is about 1 in 23 (4.3%) for men and 1 in 25 (4.0%) for women.

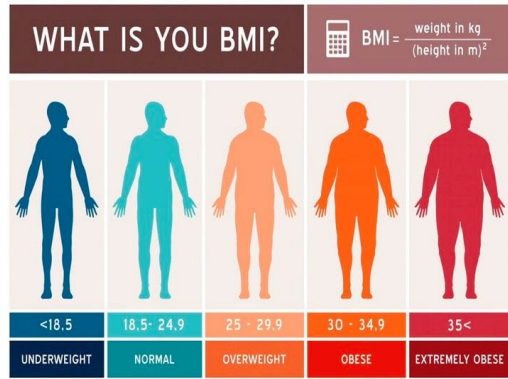


Modifiable Risk Factors

- Any individual can develop colorectal cancer, however there are a certain factors that can increase one's risk of developing the disease.
- There are risk factors that can be addressed by lifestyle changes, but there are also risk factors that are caused by one's genetics.



Being Overweight or Obese



Inadequate Diet



Being Physically Inactive



Smoking, Alcohol Use



Non-Modifiable Risk Factors

Older Age

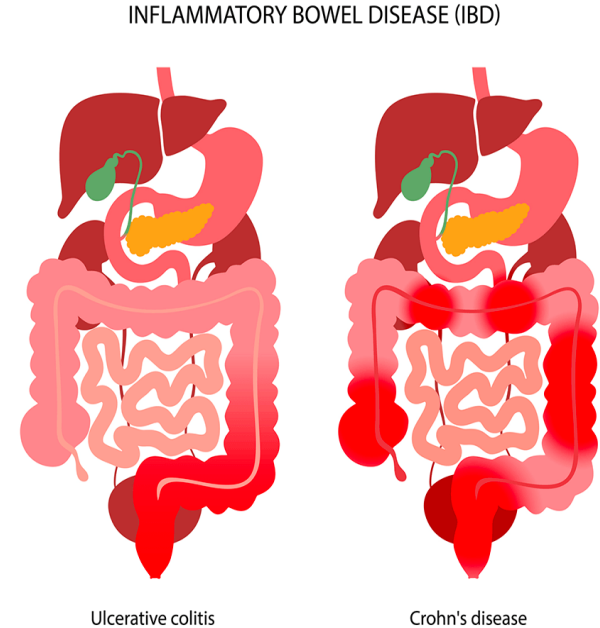
- ⦿ Risk of colorectal cancer increases as an individual gets older. (>50 years old).
- ⦿ Mean age of onset is 70 years old.

Family History

- ⦿ If a person has a family history of colorectal cancer, the risk doubles.

Inflammatory Bowel Disease

- Inflammatory Bowel Disease is a term for two conditions: Crohn's disease and Ulcerative Colitis
- Patients with IBD are at an increased risk for developing colorectal cancer.
- According to the CDC, more than 3.1 million people in the U.S. have been diagnosed with Inflammatory Bowel Disease.



Racial & Ethnic Background

- ◎ African Americans have the highest colorectal cancer incidence and mortality rates out of all racial groups in the United States.
- ◎ One in two Hispanic adults between 50 and 75 are not getting tested as recommended.
- ◎ CRC causes about 11% of cancer deaths among Hispanic males and 9% among Hispanic females.

Having Type 2 Diabetes

- Type 2 diabetes and colorectal cancer share certain risk factors (being overweight, physical inactivity)
- Individuals with type 2 diabetes tend to have a less favorable prognosis if found to have CRC.

Who Should be Screened?

- It is recommended that regular screening begin at age 45 for average risk individuals.
- The U.S. Preventive Services Task Force say that adults ages 45 to 75 be screened for colorectal cancer.
- Adults between the ages of 76 to 85 should talk to their doctor about screening
- Testing earlier than the recommended age is ideal for individuals who have inflammatory bowel disease, and a family history of CRC.



The Importance of Early Detection

- Colorectal cancer can be prevented through regular screening.
 - Precancerous polyps can be found earlier and removed.
 - Treating the polyps early can prevent the chance of cancer from occurring.
- When cancer is found early, it is more treatable.
- Symptoms of colorectal cancer tend to appear as the cancer progresses in the body.

Ways to Prevent Colorectal Cancer

1. Getting screened
2. Focusing on your diet
3. Exercising
4. Watching your weight
5. Limiting alcohol intake
6. Not smoking



Getting Screened

- The most effective way to reduce your risk of colorectal cancer is to get screened routinely, beginning at age 45
- The earlier, the better!

Diet

- Further research is being done to determine whether diet can reduce colorectal cancer risk.
- Medical experts continue to recommend a diet low in animal fats, high in fruit, vegetables, and whole grains.

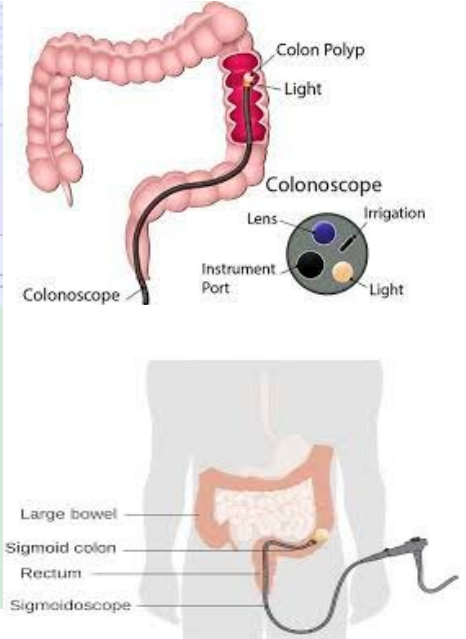
Make Healthy Choices!

1. Maintain a Healthy Weight
2. Limit Alcohol Intake
3. Do not Smoke.
4. Exercising



Types of Screening Tests

- Fecal occult blood test
- Sigmoidoscopy
- Virtual colonoscopy
- DNA stool test
- **Colonoscopy** ☆



Notable Individuals



Vince Papale



Chadwick Boseman



Sharon Osbourne



Colorectal Cancer is Highly Preventable!

About 90% preventable

[ucsfhealth.org](https://www.ucsfhealth.org)

Summary

- ◎ Colorectal Cancer is the 3rd most common type of cancer in the United States.
- ◎ The modifiable and non-modifiable risk factors if colorectal cancer include
 - Gender
 - Family History
 - Poor Diet
 - Race
 - Diabetes

Summary

- ◎ Colonoscopy is the gold standard in detecting Colorectal Cancer.
- ◎ Adults should think about getting a colonoscopy at 45.
- ◎ Risks of CRC can be reduced by:
 - Eating a diet high in fiber
 - Drinking at least 8 oz of water daily
 - Exercising
 - Not Smoking
 - Limiting alcohol intake
 - Maintaining a healthy weight

A decorative network diagram in the top-left corner of the slide. It features a complex web of interconnected nodes and edges. The nodes are represented by small circles, some of which are solid blue, some are solid grey, and some are hollow with a blue outline. The edges are thin grey lines connecting the nodes. The overall shape of the network is roughly triangular, pointing towards the top-left corner.

Post-Test!

A decorative network diagram in the bottom-right corner of the slide. It features a complex web of interconnected nodes and edges. The nodes are represented by small circles, some of which are solid blue, some are solid grey, and some are hollow with a blue outline. The edges are thin grey lines connecting the nodes. The overall shape of the network is roughly triangular, pointing towards the bottom-right corner.

THANK YOU



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